

Meadowbrook

C O M M U N I T Y C O M P L E X



**SEATTLE PARKS
AND RECREATION**

www.cityofseattle.net/parks

Community Center

10517 35th Ave. NE
(206) 684-7522

Teen Annex

10750 30th Ave. NE
(206) 684-7523

Swimming Pool

10515 35th Ave. NE
(206) 684-4989

Meadowbrook

COMMUNITY CENTER

10517 35th NE / Seattle, WA 98125
(206) 684-7522 / Fax: (206) 684-4921

TDD only (206) 233-7061

Annex: 10750 30th NE / Seattle, WA 98125
(206) 684-7523

Visit us online at www.seattle.gov/parks!

Hours of Operation

Monday, Wednesday, Friday 1:00 pm – 9:00 pm
Tuesday, Thursday 10:00 am – 9:00 pm
Saturday 10:00 am – 5:00 pm

Teen Program Hours

(Program held in the annex)

Monday – Friday 2:30 pm – 6:30 pm
Drop-in hours 6:30 – 9:00 pm

Late Night Program Hours

(Program held in the annex)

Friday – Saturday 8:00 pm – 12:00 am

Registration Begins

Walk-in registration begins January 5

Program Dates:

January 1 to March 28, 2004

Holiday Closures:

Closed at 6:00 pm on December 24 and December 31
December 25 Christmas
January 1 New Year's Day
January 21 Dr. Martin Luther King, Jr.'s Birthday
February 18 Presidents' Day

Professional Staff

Ken Bounds, *Superintendent*
Christopher Williams, *Operations Director*
Maureen A. O'Neil, *NE Parks and Recreation Manager*
Malcolm Boyles, *NE Senior Recreation Coordinator*
Lee Bicknell, *Center Coordinator*
Pam Van De Weghe, *Assistant Center Coordinator*
Shannon Anderson, *Teen Development Leader*
Robert Jeffcoat, *Late Night Recreation Specialist*
Willie Mae Malbrough, *Building Maintenance*

And a bunch of other terrific people!

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You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held (on the second Thursday of every month at 7:00 pm) to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

*This issue designed
and printed at Snohomish Publishing Co.*

Easy Reference Phone Numbers

Parks and Recreation Info Line	(206) 684-4075	Evans Swimming Pool	(206) 684-4961
Ballard Community Center	(206) 684-4093	Helene Madison Swimming Pool	(206) 684-4979
Bitter Lake Community Center	(206) 684-7524	Green Lake Small Craft Center	(206) 684-4074
Green Lake Recreation Complex	(206) 684-0780	Summit	(206) 252-4500
Laurelhurst Community Center	(206) 684-7529	John Rogers	(206) 252-4320
Loyal Heights Community Center	(206) 684-4052	Meadowbrook Community Council	(206) 363-2206
Ravenna-Eckstein Community Center	(206) 684-7534	S.P.I.C.E.	(206) 366-7819
Ballard Swimming Pool	(206) 684-4094	Nathan Hale High School	(206) 366-7800

BASIC INFORMATION

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about room rentals, please view our [facility rental brochure](#).

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.



PRESCHOOL PROGRAMS

Meadowbrook Preschool

Frogs 3 ½ - 5 yr. olds

M/W/F 9:00 – noon or 1:00 pm – 4:00 pm

February \$130; Oct./Nov. \$160

Min. 8/Max 10

Tadpoles 2 ½ – 3 ½ yr. Olds

T/Th 10 – noon

February \$80; January, March \$100

Our preschool stresses the importance of play and socialization as tools for learning. Academics will be introduced and reinforced while your child explores how to make friends and communicate his/her needs. Your child will experience nature, art, science, outdoor play, story time, music and drama. Instructor: Angelica Gomez/ Erica Everts. There is a \$30 non-refundable deposit for Fall Quarter. Registration for Fall begins April 29. Min. 8/Max 10

Sports Extravaganza

Tuesdays 1:00 – 4:00

\$20

Session 1: January 6 – January 27

Session 2: February 3 – February 24

Session 3: March 2 – March 23



1:00 – 1:30	3-4 year T-Ball
1:30 – 2:00	4-5 year T-Ball
2:00 – 2:30	3-4 year Soccer
2:30 – 3:00	4-5 year Soccer
3:00 – 3:30	3-4 year Basketball
3:30 – 4:00	4-5 year Basketball

Let our fabulous instructor, Ivy Morgan, teach your child the basics of the sport. Children will have the opportunity to practice their skills through simple drills and creative games. The emphasis of the class is having fun and learning to work with others. Class fee includes t-shirt

Little Tykes Play Gym

Parents and children ages 2-5 years

\$15 unlimited card for the quarter

M/W 10:30 am – 12:30 pm

We have purchased more toys to make our gym time even better! The gym is reserved for all the littler people and their folks during this time. Balls, mats, a hippity hop and waffle balls are available. Bring your own clean riding toy. **Parental Supervision is required at all times!** Parents: Please be responsible for cleaning up after your children!

Playroom

M/W 9:30 – 10:30 am

T/Th 10:00 am – 12:00 noon

Other times may be available - please call

\$15 unlimited card for the quarter

Little Tykes Combo \$25

The Meadowbrook Community Center has added a new playroom. There are toys, books, puzzles and much more. **Parental Supervision is required at all times!** Parents: Please be responsible for cleaning up after your children!

Creative Dance

Creative Dance I

3 yr. Olds \$69

Wednesday 12:00 – 12:45 pm

January 14 - March 24

4 yr. Olds \$69

Wednesday 12:45 – 1:30 pm

January 15 - March 26



The joy of dance is primary in this course. Through fantasy and games, the children will learn basic movement skills and vocabulary such as hopping, leaping, gliding, and stretching just to name a few. Children will be encouraged to work as a team and make individual choices in their expressive movement. Wear comfortable close fitting clothes and gym or ballet slippers or no slip socks. Parents and friends are invited to join us for a demonstration/ performance on the last day of class. Instructor: Chloe Davenport. Min 5/Max 9

Creative Movement for Parent/Infant

Ages 3 – 18 months

\$72

Wednesdays

10:00 – 10:45am

January 14 – March 31

Babies respond naturally and spontaneously to rhythm, and music often gets the bopping. Have fun exploring ways to move with you chills while helping to build physical awareness and motor skills. This class will use a variety of music and allow for great physical exploration.

Parent/Toddler Creative Dance

Ages 1.5 – 3 years

Wednesdays

11:00 – 11:45am

Move to the music and get in the groove with your child. Activities in this class will encourage the exploration of movement through music, the spoken word, and the imagination. Everybody will be encouraged to create their own vocabulary of movement for personal expression.

The Magical World of Make Believe

Ages 3 – 5

\$35

Tuesdays

1:30 – 2:30

Session 1

January 6 - January 28

Session 2

March 2 -March 28

Make fairies, have a tea party, dance the day away. Each day their will be a new theme to help your child to explore their imagination. Your child will come home with a new treasure each week whether it is a fairy, a magic wand, or a new piece of art work. Instructor: Erica Everts. Min 6 / Max 10



Laura the Librarian

11:00 am – 11:30 am

January 14, February 11 and March 10

Free

Everyone's favorite librarian will be here to tell stories and give a puppet show. Please call to register at 684-7522

PRESCHOOL PROGRAMS

Mother M.O.O.S.E

Ages 3 – 5

Our childcare director Kris Mainz will be offering three fun-filled mornings to let your children's imagination run wild.

Mother M.O.O.S.E meets Frosty the Snowman

December 19 \$12
10:00 am – 12:00 pm

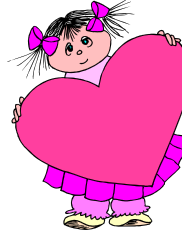
With winter right around the corner, it is time to explore a winter wonderland. We will make snowflakes and snow people. We will even do a special rendition of a Frosty the Snowman skit.



Mother M.O.O.S.E meets Cupid

February 13 \$12
1:00 pm – 3:00 pm

We will make our own Valentines and decorate cookies. Mother M.O.O.S.E will entertain your child with stories and songs while you enjoy a few free hours.



Mother M.O.O.S.E. sings the Wheels on the Bus

January 16 \$12
1:00 pm – 3:00 pm

Learn about the many forms of transportation available in the community. We will construct our own cars, read stories and sing songs.



Mother M.O.O.S.E meets the Farmer in the Dell

March 19 \$12
1:00pm – 3:00 pm

Bring your favorite stuff animal and we will make creative pet clothing and accessories. We will also read stories and sing songs about various animals that might live on a farm.



CHILDCARE/CLASSES

Meadowbrook Out-Of-School Experience (MOOSE)

5 - 12 yr. Olds Monday – Friday

Fun, creative, and safe! This before and after school program is filled with activities. Instead of staying home, come join us for games, arts and crafts and indoor and outdoor sports.

The Seattle Parks Department in conjunction with community center Advisory Councils has set a standardized fee for all childcare programs at Seattle Parks Department sites. The fee includes all early dismissal and teacher in-service days, **week long camps will be an additional fee.** The prices have been set by administration to allow for a competitive rate as well as keeping our programs financially stable.



	AM Care 7 – 9 am	PM Care 3 – 6 pm
5 days/week	\$175	\$230
4 days/week	\$172	\$220
3 days/week	\$129	\$165
2 days/week	\$86	\$110
1 day/week	\$43	\$55

Mid-Winter Break Camp

Meadowbrook is offering a great camp for kids grade 1-6!

The Week is packed with fun and exciting activities. A completed medical authorization/permission form must be on file at the complex.

February 16 - February 20 \$110

Registration begins January 20

Summer Day Camp

Summer Day Camp registration for returning campers will begin March 15th. New campers may register March 30 at 6:30 pm. Registration is based on a lottery system. Day Camp information will be available March 1st. \$135



YOUTH ARTS

Kid's in the Kitchen

Ages 6 – 10 \$40
Tuesday 4:00 pm – 5:30 pm
Session 1 10/7 – 10/28
Session 2 11/4 – 12/2
No class 11/11

Does your child like to experiment in the kitchen? Let our instructor help him or her to create special treats, which they can easily make at home. The best part is, you don't have to clean up (at least not until they want to try it at home)! Instructor Eric Everts. Min 6/ Max 10

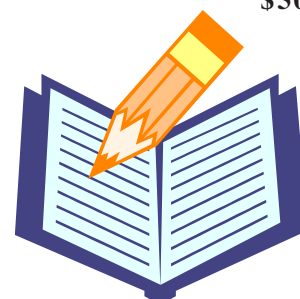
Fiction Writing Mid-Winter Break Camp

Ages 8 -12
February 17, 18, 19
10:00 -12:00pm

What stories could be hiding in your head? We will be writing with all five of our senses in a fun, interactive environment that will take us beyond a writer's desk. Who knew that a game of "kick-the-can" could lead to an epic historical novel or a moving sonnet? Students will turn the ordinary upside down to create original fiction, while becoming familiar with literary terms.

Instructor Jessica Reuling. Min 6/Max 12

\$50



YOUTH DANCE & MUSIC

Stringed Instruments Private lessons

Tuesday/Thursday (other times may be available)
\$115/youth; \$123/adult

Meadowbrook staff member Wes Weddell, a performing musician in his 'spare time' (& founder of the Puget's Sound concert series at Meadowbrook), offers private instrument lessons for guitar (most styles), bass, mandolin, & perhaps other stringed instruments (make an offer. . .). Students should have their own instruments. Contact Wes or the front desk for suggestions or to arrange lessons.

Flute Lessons

Monday 3:30 pm – 7:00 pm
8 thirty minute classes per session
\$115/youth; \$123/adult

Private flute lessons for ages 5 and up. These lessons help explain the music principals of playing the flute. Private lessons give individuals a lot of attention and positive feedback in a comfortable setting. Whether you are in a band or symphony or just want to enjoy playing the flute, these lessons can enrich your musical experience. Scales and songs will be taught. 8 classes per session.

Instructor: Carol Crowell



Square Dancing

Ages 8 – 80 \$50 Adults; \$25 Children with parent
Tuesday 7:00 – 9:00pm
January 20, 27
February 3, 17, 24
March 2, 16, 23, 30
April 6

Have you been wondering what you could do to have fun with your family? Learn the basics to modern square dance and exercise your brain and your body. No experience is necessary. Partners recommended, but not required. Casual dress. Dave Knien teacher/caller.

Piano Lessons

Tuesday or Friday
\$115/youth; \$123/adult

3:30 – 7:00 pm

Private piano lessons for ages 5 and up. These lessons are individually tailored to each students needs and level. Classes are 30 minutes long and can be registered for by calling 206-684-7522 or signing up at the front desk. Eight classes per session. Instructor: Jeff Pettijohn





YOUTH SPORTS

Learn Teamwork,
Sportsmanship
and HAVE FUN at the
Same Time!

Introductory Karate

Ages 7 & up **\$22/youth/\$34 adult**
Mon/Wed **6:30 – 7:30**
January 5 - January 28
(No class January 19)
February 2 - February 25
(No class February 16)
March 1 - March 24

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops the mind and body coordination. After every class, a challenge hour is offered 7:30 – 8:30 pm. All sessions offer an optional “challenge only” class held on Fridays from 7:00 – 9:00 pm. Instructor Nihad Khalef

Youth Basketball

Ages 8 – 17 **\$45**
Practice and games to be announced
Registration begins October 11

Join in the fun and excitement of this popular team sport. Teams are formed for boys and girls ages 8 through 17. Please make sure that you register early, as age groups fill up quickly. Practices begin around mid-November. Games begin in January and end in March.

Volunteer coaches are needed.



Short Shots Basketball

Ages 6 -7 **\$40**
Practice times to be announced
Registration begins November 15

Get your child started in learning the fundamentals of basketball. This class is designed to be non-competitive and teach a “team” concept. This class meets once a week and ends with a Jamboree. Class runs January to March.

Volunteer Coaches are needed
Jamboree is March 27



Swim, Snack and Cinema

Ages 6 - 10 **\$15**
The second and fourth Saturday of the Month
1:30 – 4:30

Have errands that you need to run? Does your child want to get out of the house for the afternoon? We have the perfect solution for you; Meadowbrook staff will supervise your child as they go swimming and then come down to the center for a snack and a movie. Min 6/ Max 10. **Participants must register by the Thursday preceding the Saturday that you wish to attend.**

TEEN PROGRAMS

Ages 12-18

Monday – Friday 2:30 – 9:00 pm

Meadowbrook Annex (Located next to Nathan Hale)
10750 30th NE • 206-684-7523

For many, many years the City of Seattle youth workers and families have requested more services for teens. Now, thanks to your support we have twenty seven Teen Development Leaders. Our goals are to provide teens across the city with quality teen programs, choices and opportunities.

As leaders we have established six core program areas that each community center Teen Program is focused on enhancing.

- *Environmental Education and Stewardship*
- *Arts and Cultures*
- *Life Skills and Job Readiness*
- *Social Recreation*
- *Citizenship and Leadership Development*
- *Sports and Fitness*

Community Service Opportunities

- Meadowbrook Teen Council – 20+ possible hours
- Teen Dance Committee – 10+ possible hours
- Argosy Christmas Ship Dec. 20, 4:30 – 6:30 pm
- Teen Center Renovation Committee

Hip Hop Dance Class

Cost \$65

Wednesdays 4:30 – 5:30pm 1/7/04 – 3/17/04

Learn to move and groove in this beginning hip hop dance class. No previous experience is necessary! Hip Hop dance is a combination of beginning level dance skills and street-based techniques and moves that help develop flexibility, balance and coordination. Class consists of warm-up, abdominal work and choreography.

Life Skills and Job Readiness Workshops

Cost Free

These workshops will be lead by the Youth Opportunities Agency and will include Job Readiness, Resume Writing, Life Skills, and other related topics. Dates and times to be announced.

Environmental Opportunities

Cost Free

Meadowbrook Teen Programs will be offering environmental opportunities for school or service learning credit as well as for teens just interested in preservation of our planet.

Martin Luther King Jr. Memorial March

Cost Free January 16th 2003

Teens come together and march from the Martin Luther King Jr. Memorial Park to Langston Hughes Cultural Art Center where there will be Food and entertainment in the memory of Dr. Martin Luther King Jr.

Environmental Stewardship Opportunities

Meadowbrook Teen Programs will be offering environmental opportunities for school credit as well as for teens just interested in preservation of their planet.

*Special Friday Night Teen Fundraising Events
times, dates and themes TBA*

Other available activities

- Late Night Middle SCHOOL DANCES
- POOL TOURNAMENTS
- Free Shoot and Gym Games
- Home Work Hour
- Art Projects



Late Night Recreation

Friday/Saturday • 8:00 PM - 12:00 AM • Free

The goal of the Late Night Program is to provide positive alternatives to alcohol, drugs, gangs and other unsuitable activities. This goal is accomplished by providing fun inter-cultural activities such as inner city outings, ethnic dances and arts and crafts. Athletic events and activities and a variety of other valuable educational opportunities are also featured. The Late Night program is open to anyone interested in making a positive change in themselves and in their community. Experience a typical Late Night weekend at the Meadowbrook Recreational Complex Annex. Just bring your imagination, your smile and friends and enjoy the unique, ever – changing blend of fun! Ages 13-19 years.

ADULT CLASSES

Intro To Personal Fitness

\$10

Required for Fitness Room

Wednesday	December 10	11:30am
Monday	December 15	7:30pm
Monday	January 5	7:30pm
Wednesday	January 14	11:30am
Monday	January 26	7:30pm
Monday	February 2	11:30am
Monday	February 16	7:30pm
Thursday	February 26	7:30pm
Monday	March 1	11:30am
Monday	March 8	7:30pm
Monday	March 29	7:30pm

Learn to use our fitness equipment safely and effectively, plus learn how to properly warm-up exercise and stretch. Then design a training program tailored to your fitness level and goals with the help of our fitness expert. This orientation is valid for one year prior to initial use of Fitness Room. As classes fill, we do add more dates and times. If none of these dates or times work for you, please ask the front desk to schedule you a private or semi-private class (\$35 private). Instructor: Kathy Batson

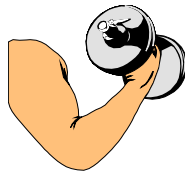
Meadowbrook Fitness Room

Weight Room Hours:

Mon/Wed/Fri*

Tuesday/Thursday

Saturday



9:15 am – 8:45 pm

10:00 am – 8:45 pm

10:00 am – 5:00 pm

Fitness Room Pass:

Month pass

\$15

10 punch (good for 3 months)

\$15

Fitness Room Drop-In Fee:

\$2

Make Meadowbrook Recreation Complex your personal gym! The "Fitness Pass" allows you to enjoy unlimited access to our weight room and its state of the art equipment. Passes are valid from the date of purchase and are non-transferable and non-refundable.

Participants must complete the "introduction to Personal Fitness" course, present the pass and sign in prior to entering the fitness room. Participants must be 18 years or older to use the room or be 16 and have a parent with them.

*Must have a card to enter before 1:00 pm on M/W/F.

Introductory Karate

Mon/Wed

6:30 – 7:30 pm

January 5 - January 28

(No class January 19)

February 2 - February 25

(No class February 16)

March 1 - March 24



Ages 7 & up

\$22/youth

\$34/adult

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops the mind and body coordination. After every class, a challenge hour is offered 7:30 – 8:30 pm. All sessions offer an optional "challenge only" class held on Fridays from 7:00 – 9:00 pm. Instructor Nihad Khalef

Open Gym

Mon/Wed

Basketball

1:00 – 2:30 pm

Pilates

Mon/Wed

7:30 – 8:30pm

Saturday

9:00 – 10:00am

Mon/Wed sessions \$56

Saturday sessions \$28

*Punch card 4 punch \$30

*Punch card 8 punch \$60

*Drop-in \$8

Session 1: (M/W) January 5 – February 2

Session 2: (S) January 10 – February 14

Session 3: (M/W) February 4 – March 3

Session 4: (S) February 21 – March 27

Session 5: (M/W) March 8 – March 31

*Please come 15 minutes if you are an inexperienced student.

Find out where you're weak, where you're strong, where your "core" is and put it all into an exercise program that will help you develop a more flexible, symmetrical, balanced body.

The Pilates mat system is an excellent conditioning program suitable for both men and women of all physical and athletic skills. It is great for the "weekend warrior" who wants to enhance performance and prevent injury or anyone who simply wants to improve overall strength and flexibility.

Dennis has been practicing Pilates for the last four years and is currently pursuing Comprehensive Certification in the Stott method of Pilates. Coming from a background of teaching and sports coaching he pays attention to the individual's level of conditioning and physical skill and attempts to tailor each workout to fit each student's abilities.

Pilates

Thursday

7 – 8:00 pm

Friday

12:30 – 1:30

\$26/session

\$30 for a 4 punch card (expires 12/31/04)

\$60 for an 8 punch card (expires 12/31/04)

Session 1

January 8 – January 29

Session 2

January 9 – January 30

Session 3

February 5 – February 26

Session 4

February 6 – February 27

Session 5

March 4 – March 25

Session 6

March 5 – March 26

Pilates has soared in popularity as an exercise program because it really works. This class starts with the basic beginning mat program which focuses on strengthening the abdominals, the center of the body from which all movement generates. Maria Gitana incorporates movement gathered from a lifetime of dance experience to create a program focused on anti-aging

*Reduce Stress
and Get In
Shape!*



ADULT CLASSES

NIA Movement

(Neuromuscular Integrative Action)

Tuesday and Thursday 6-7 pm

\$48 a session

\$64 for an 8 punch card (expires 12/31/04)

\$30 for a 4 punch card (expires 12/31/04)

\$8 for a drop-in

Session 1: January 14 - February 5

Session 2: February 10 - March 4

Session 3: March 9 - April 1

NIA is a holistic movement program offering an alternative approach to health and fitness, blending Eastern and Western movement concepts and theories. The movements learned enhance flexibility, coordination and strength. NIA is a combination of modern dance, yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz and ethnic dance which provides a fun, well balanced fitness modality that leaves the body, mind and spirit wanting to come back for more. Instructor: Erin Storey

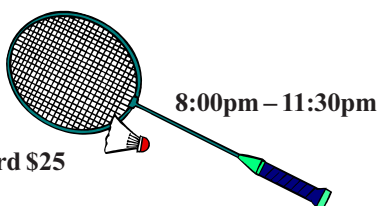


Badminton

Fri/Saturday

Meadowbrook Annex

Drop-in \$3.00; 10 punch card \$25



8:00pm – 11:30pm

Table Tennis

Saturday

Meadowbrook Annex

4:00 – 7:00 pm

Join the Mountlake Table Tennis for an afternoon of fun. Several tables will be set up but please bring your own paddles and balls.

Yoga for Everyone

Tuesday or Thursday

6:30 pm – 7:30 pm

Session 1: January 6 - February 10

Session 2: January 8 - February 12

Session 3: February 17 - March 23

Session 4: February 19 - March 25

Session 5: December 9 - December 30*

* Note Session 5 is a Tuesday and Thursday session

Our Hatha Yoga instructor has studied yoga for 10 years. This class includes stretching, meditation, and toning of the body. Wear loose, comfortable clothing. Instructor George Hoder



\$30/Adult
\$24/Sr

Jazzercise

Adult/Senior

Classes Ongoing Mon/Wed/Fri

Unlimited month

15 punch

5 Punch

9:15 – 10:15 am

\$48/\$33

\$63/\$48

\$23/\$18

This dance fitness class is designed to accommodate all fitness levels. Exercise to the latest music and great oldies...there is something for everyone! Bring your own mat for floor work; hand/leg weights are optional. Class uses a punch card. Instructor: Madelaine Jensen

Square Dancing

Ages 8 – 80

Tuesday

7:00 – 9:00 pm

\$50 Adults/\$25 Children with parent

January 20, 27

February 3, 17, 24

March 2, 16, 23, 30

April 6

Have you been wondering what you could do to have fun with your family? Learn the basics to modern square dance and exercise your brain and your body. No experience is necessary. Partners recommended, but not required. Casual dress.

Dave Knien teacher/caller



Poetry Roundtable

\$45

Wednesdays

7:00 – 8:30 pm

January 7 & 21

February 4 & 18

March 3

Come if you love poetry and talking about it with other people, or if your curiosity about poetry is mixed in with a healthy dose of apprehension. Think of each class night as a coffee-house discussion—berets and bongos optional. We'll look at a range of poems from different time periods and of different styles. No fancy degrees required. We'll keep "literary criticism" lingo to a minimum and focus on enjoying and appreciating the poems. (Please note that this is not a poetry writing class.)

Scrap-booking 101: Intro to the Art of the Photo-historian

\$10

Session 1

January 14

6:30 – 8:30 pm

Session 2

February 21

10:00 – 12:00 pm

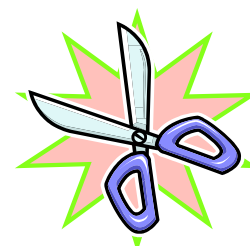
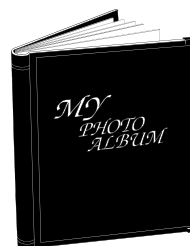
Session 3

March 16

10:00 – 12:00 pm

This fun, hands-on learning experience takes the fear out of scrap-booking and offers students easy-to-learn techniques for developing their own style, while preserving their photos in a safe, meaningful way for generations to come. You will learn what to look for in an album, necessary tools and how to use them, how to choose enhancements that won't slow you down, and where to find ongoing inspiration. You'll have a chance at trying out a revolutionary portable cutting system while creating an album page with your own photos!

Participants must bring 5 – 8 photos that you are willing to cut.



SENIOR ADULT PROGRAMS

N.E. REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

Jayla McGill, Recreation Specialist
(206) 386-9106

Fall Quarter Dates: January 5 - March 19

No Classes: January 19, February 16

Make-Ups: We encourage you to make up cancelled or holiday-missed classes at any other site in the city. Please inform the instructor you're making up the class.

NE Class Registration: "All" class/workshop registrations will take place by phone, or mail, using the form in this brochure. State the site/class/date you are paying for with your check. *Please don't mail checks prior to Dec. 22. Do NOT register for trips by mail – they're "Phone-In" only.* Also, please phone-in cooking and floral design class registrations. Class and trip dates/times are subject to change.

All Class Payments: Checks payable to: "SAAC", and mail to: Senior Adult Programs, Att: Jayla 8061 Densmore Ave. North, Seattle, WA 98103.

NOTE: "Session Fee" covers the cost of 1 day per week for the quarter

N.E. Sector Sites:

Green Lake CC 7201 E Green Lk. Dr. N
Laurelhurst CC 4554 NE 41st St.
Meadowbrook CC 10517 – 35th Ave. NE
Ravenna-Eckstein CC 6535 Ravenna "Ave". NE

SENIOR FITNESS

BODY CONDITIONING \$22-1 day week
Dynabands / free weights for over-all strength conditioning.
P. Cannon Mon 10:00 am Meadowbrook
C. Lorenz Thurs 10:00 am Meadowbrook

YOGA & MEDITATION \$22-1 day week
Gentle stretching to keep limber and build muscles. All skill/fitness levels.
H. Smith Wed 9:00 am Meadowbrook
H. Smith Fri 9:30 am Meadowbrook

PICKLEBALL Free
Enjoy this fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later.
Please pre-register by calling 206-386-9106. Mondays/**Beginning** 11:30-1 pm Ravenna-Eckstein
Thursdays 10-11:55 am Meadowbrook
Thursdays/**Beginning** 12:05-2 pm Meadowbrook

MEADOWBROOK SQUARE DANCE

SQUARE DANCE \$50-adults / \$25-children
The Bucks & Does Square Dance Club offers basic lessons for folks ages 8-80. Have fun with your family while you exercise your brain & body. Partners recommended but not required. Dress is casual. Instructor is Dave Knien. **Class held Jan 20-Mar 30 (No class Feb 10, Mar 9)** Contact MJ Steele, 523-9309, for information. **Register: 684-7522.**
Tuesdays 7:00-9:00 pm Meadowbrook

MEADOWBROOK BOOK CLUB

Meets on the third Thursday of the month to discuss a book provided by the Seattle Public Library. Call Jayla to pre-register: 206-386-9106.
Jan 15, Feb 19, Mar 18 11:00-12:00 pm Meadowbrook

SPRING PLANNING MEETING

Your input is desired to provide the best possible programming. Bring your ideas for trips, walks, classes, workshops & special events. Refreshments served.
Mar 16 Tues 11:00-12:00 pm Meadowbrook

MEADOWBROOK COOKING

Join Rosangela to create new, exciting dishes, receive recipes and have lunch. Each class fee is \$10.00.

Please pre-register by calling 386-9106.

Wednesdays 10:30-12:30 pm Meadowbrook

FRITTAS, OMELETTES & STRATAS! Jan 14
Perfect Sunday Night Supper Dishes that need no more than a fresh fruit salad to make a meal.

COMFORT FOOD THE BRAZILIAN WAY! Jan 21, Oct 22
Learn from a native what some Brazilians cook when thinking of comfort food.

CAJUN AND CREOLE COOKING Jan 28
Hearty, tasty – Jambalaya, Beer Bread and more.

HANDS-ON FRESH PASTA Feb 4
It's easy to make and so delicious!

BISCOTTI & MORE FOR YOUR VALENTINE Feb 11
Prepare some romantic treats—be sweet to yourself!

FABULOUS CREPES Feb 18
The French know all about flavorful dining!

YUMMY COCONUT Feb 25
From sweets to savory dishes.

EXCEPTIONAL POTLUCK DISHES Mar 3
Some imaginative entrees to bring to your event.

SENSATIONAL SALADS Mar 10
Healthy and appealing.

INDIAN SUMMER SURPRISES Mar 17

Meadowbrook Swimming Pool

10515 35th Ave NE, Seattle WA 98125
(206) 684-4989 / TDD only (206) 233-7061

Winter 2004 front desk hours

Monday through Friday

Saturday

Noon-8:30PM

7:00AM-6:00PM

Holiday Closures:

New Years Day, Thursday, Jan. 1

Temporary Closure Friday & Sat., Jan. 2 & 3

Martin Luther King Jr. Day, Monday, Jan. 19

Presidents' Day, Monday, Feb. 16

Professional Staff:

Janet Wilson

Thomas Hargrave

Terry Welch

Clifford Evert

Jody Bartee

Coordinator

Asst Coord

Pool Operator

Senior Guard

PPT Cashier

And a bunch of other really great people

Fees & Admission Information:

Under 1 year FREE

Youth ages 1-18 \$2.25

Adults ages 19-64 \$3.25

Senior Adults ages 65 and better \$2.25

Special Populations \$2.25

Water Fitness Classes \$3.75/\$2.50 (Sr.)

Masters Workouts \$3.75/\$2.50 (Sr.)

Swim Cards:

FAST Pass \$45.00/\$35.00 (Sr, Youth, Spec Pop)

Recreational Punch Card \$20.00 (\$22.00 value)

Fitness Punch Card \$30.00 (\$33.00 value)

Things to know

- Dimensions: 75ft x 44ft
- Water temperature: 85 degrees F
- Depth Range: 3 – 12ft
- 72 lengths = 1 mile
- Street shoes are not allowed on the pool deck
- Served by Metro bus route #65
- Pool lift and portable steps for our non-ambulatory patrons
- Two ADA accessible Family Changing Rooms available.
- Children 6 years and older must use the appropriate gender locker room
- Please use the recycling containers or garbage cans located in the lobby, locker rooms and deck.
- Absolutely no glass
- A child younger than 6 years old or less than 4 feet tall must have an adult with them at all times in the water.

Recreational Swimming

Adult Swim

Mon-Sat

Noon-1:30PM

Tue & Thurs (Rec Punch Card)

9:00-10:00PM

Adult/Senior Swim: Half of the pool is set up with lanes for lap swimming. The other half is available for less structured swimming.

Lap Swim

Monday – Friday (EMLS)

6:00-7:30AM

Mon/Wed/Fri/Sat

5:30-6:30PM

Saturday

7:00-8:30AM

Early Morning Lap Swim: (EMLS) 3 doublewide lanes (slow, medium, and fast). No cashier on duty, a Recreation Punch Card is required. *Lap Swim:* 4 single wide lanes and 1 double wide lane for slow lap swimming.

3 lane Lap Swim

Mon/Wed/Fri

2:30 - 3:30 PM

Slow, medium and fast

Pool Playland

Mon/Wed/Fri

2:30 – 3:30PM

A "gentle" public swim featuring water toys like the little slide and noodles. Especially suited for younger kids and their big people.

Family Swim (with lap lane available)

Tues and Thurs*

7:00-8:00PM *

Friday

7:30-8:30PM

Saturday Morning

9:30-10:30AM

Saturday Afternoon

4:30-5:30PM

Fun for the whole family! An excellent time to play. An adult must accompany children into the pool. Flotation aids and toys are allowed in the shallow end of the pool.

***Deep end closed at 8:00.**

Public Swim

Monday

7:30-8:30PM **

Friday

4:00-5:00PM

Saturday (w/ lap lane)

1:30-3:00PM

Great swim for school age kids! Requirements: swimmers must be at least 6 yr. old, over 4 ft. tall or accompanied by an adult. Not all float toys allowed.

****Deep end closed at 8:00 on Mondays.**

Equipment Rentals

Towels	\$0.50
"Just-a-shower"	\$2.00
Lockers	\$0.25

If you're not wet, we're not happy!

Water Fitness Classes

Deep Water Exercise for Seniors

\$3.75 Adult/\$2.50 Sr. Adult

Mon/Wed/Fri

1:30 – 2:15PM

We call this “exercise that feels good”. A deep water class using resistance/flotation equipment. Get a workout that includes a full range of motion and toning and strengthens at the same time.

High Energy Deep Water Exercise

\$3.75 Adult/\$2.50 Sr. Adult

Mon/Wed/Fri

8:00-8:45PM

Saturday

8:30-9:15AM

A deep water class using resistance/flotation equipment. Tone and strengthen those muscles without impact on your joints! Increase your endurance! Or speed recovery from injury. Great class with great music

Water Aerobics

\$3.75 Adult/\$2.50 Sr. Adult

Tue & Thurs

8:00-9:00PM

Exciting water routines that build strength and burn fat. From the senior adult to the pregnant mom, the water reluctant to the tri-athlete, this unique union of water and aerobics allows you to exercise at your own comfort level.

Adapted Water Exercise

\$3.75 Adult/\$2.50 Sr. Adult

Tue & Thurs

1:30 – 2:30PM

Low impact aerobics to big band and classical music. Great for folks wanting to stretch and move with comfort and assistance from the pool.

Masters Work Out

\$3.75 Adult/\$2.50 Sr. Adult or Youth

Mon/Wed/Fri

6:30-7:30PM

Let our experienced instructor/coach lead you through a structured workout designed to get you in shape, stay in shape, or prepare you for that important swim meet in your future. Workouts accommodate all speeds by varying lanes. Expect to swim *at least* 3,000 yards!

How to register for Winter Swimming Lessons

Open Priority Registration will be during the week of Nov 20 - 29. Your child must be currently enrolled in swimming to sign up at this time.

Walk-In Registration will be held on Monday, Dec. 15 from 6:00 – 7:30PM and is done on a first come first served basis.

Phone-In Registration will be accepted for all remaining classes beginning Tuesday, Dec. 16 @ starting at 4:00 p.m., payment must be made at the time of registration with a VISA, MC or American Express.

Class Descriptions

Tot Lessons (birth to 4 years)

This series of lessons helps introduce you and your child to the swimming pool. Emphasis is placed on your child learning to relax and become comfortable in this new environment.

3 Year Old Lessons

Small classes with a certified instructor to start your child learning basic skills and water safety. Maximum 3:1 student to teacher ratio. Prerequisite: at least one session of Tots.

Kinder Lessons

Designed to teach the basic skills of swimming and water safety to ages 4 – 5. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

Youth Lessons

We use programs designed by the American Red Cross and modified slightly because we have found it provides a steady progression of swimming classes for youth ages 6-17 that will build skills, teach safety and encourage fitness.

We offer a station method of learning where youth progress through a series of levels.

If you are not sure what level your child should be in please sign up for a Level I – III time slot and we will evaluate your swimmer on the first day of class.

Levels I – III is called stroke readiness. When your child receives their first Red Cross card they will be proficient at crawl stroke & back stroke and comfortable in deep water.

Level IV is called Stroke Development and youth learn Elementary Backstroke

Level V is called Stroke Refinement and requires swimmers to be proficient at sidestroke before moving on.

Level VI is called Skill Proficiency and students need to be skilled at breast stroke before moving on.

Level VII is the last level and is called Advanced Skills. Now kids finish up with butterfly and personal safety skills and other rescue techniques.

Special Populations

Small or individualized classes for patrons with special needs. We have comfortable pool lift and portable steps available for non-ambulatory patrons. For additional Special Populations programs call 684-4950.

One to One Swimming Lessons

One student: ½ hr. / \$22.00

Two students: ½ hr. / \$32.00

Private lessons are offered Monday, Wednesday & Friday afternoons at 3:30 pm, Friday at 5:00 pm, or Saturday afternoons at 3:30 pm. Space is limited. Three (3) classes minimum required when signing up. Registration begins during Walk-In Registration on Dec. 15.

PASTE IN POOL AT A GLANCE



Super Deluxe Pool Parties... You bring the kids and the cake, we'll do the rest! Our most popular package for 10 kids includes pool games and water fun for one hour and a hour lobby party with help from our "party guards", really cool goodie bags, table cloths, party plates, napkins, forks and juicebox for each child. \$202.00.

Additional participants are only \$8.00 per child.

Times offered: Sundays beginning at 1:00 pm

POOL PARTY



Do-it-yourself Parties... Prices start at \$89.50 for a one-hour party for 30 kids or less. This price includes 2 certified lifeguards and 15 min. showering time at the end of your swim. Our most popular party is \$141.50 for a one-hour in the pool and a one-hour lobby party for 30 kids or less. This includes use of tables and chairs and various pool toys. User is responsible for the clean up.

Times offered: Saturdays after 6:30PM and Sunday beginning at 1:00 pm

For more information please come by or call 684-4989 between 12:00 noon - 8:00 pm Monday - Friday

Steps to register for Swimming Lessons

Please Note: There is **NO Mail-In** registration accepted.

Open Priority Registration, for folks currently enrolled – register for next quarter during your last class.

Walk-In Registration for any remaining classes will be **Monday, December 15 @ 6:00 p.m.**

Phone-In Registration done with VISA or MasterCard beginning **Tuesday, December 16 @ 4:00 p.m.**

PASTE IN STEPS TO REGISTER FOR LESSONS



Check Out These Upcoming Special Events . . .

Dinner and a Movie

1st & 3rd Friday of the month
Free

Movies start at 6:30 pm

Pizza & Soda \$2

(We accept prepayment/order for pizza to avoid the lines. Prepayment is due by 9:00 pm the Thursday before the movie) Pizza will be provided by Jet City Pizza!
Movies will be shown on the big screen in the gym, bring a pillow.

January 2

January 16

February 6

February 20

March 6

March 20

Freaky Friday

Announced on January 2

Rugrats Go Wild

Announced on February 6

Spy Kids 3-D: Game Over

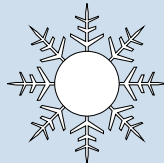
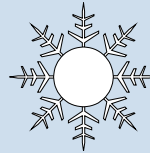
Announced on March 6

Neighborhood Appreciation Day

Saturday, February 7

12:30 pm - 3:30 pm

The Seattle Parks Department, along with the Meadowbrook Advisory Council, would like to thank the neighborhood for their continued support of the programs here at Meadowbrook. We would like to invite you to stop by and enjoy cookies and juice or coffee as a small token of our appreciation.



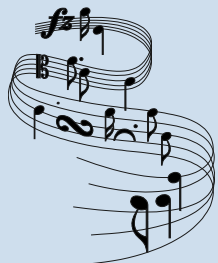
Argosy Christmas Ship

Saturday, December 20

5:10 pm - 5:40 pm

Matthews Beach NE 93rd & 51st NE

What a way to kick off the holiday season than with hot apple cider or coffee by the bonfire at Matthews Beach. Check out the beautiful parade of boat lights at Matthews Beach during this traditional annual event. For information on sailing aboard an Argosy boat, call Argosy at 206-623-1445.



Live, Local Music at Meadowbrook

Friday December 12: Marsha Reeves & Nancy K. Dillon

Friday, January 9: Women Songwriters' Night featuring Kat Terran, Eva Tree, and Eileen Cuba

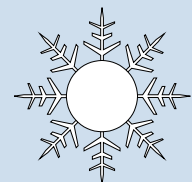
Friday the 13th!!! of February: Reggie Garrett, Bob Antone, and Michael Guthrie

Friday, March 12: Blues Night featuring Brian Butler, Max & Johnny, and Charlie Spring

Second Friday of each month. Come (re-)acquaint yourself with the joy of live music & the wealth of talent that exists right here in our midst, presented in the neighborhood in an intimate, accessible, smoke-free, & family-friendly environment!

\$5 - 10 sliding-scale donation; children welcome! All shows begin at 7:30pm

<http://www.wesweddell.com/ps.html>



Please Join Us!

